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### A picture IS worth a thousand words

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## BMJ Group blogs

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### BJSM blog – social media's leading SEM voice

#### A picture IS worth a thousand words: Why healthcare professionals should know (and care) about infographics

19 Feb, 16 | by BJSM

By Chris Oliver @cyclingsurgeon, Hilary Scott @thehillsarealive  
and Andrew Murray @docandrewmurray

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Many industries use infographics: business, politics, food, finance, and healthcare, including physical activity promotion. Statistically, the most successful infographics, in terms of number of 'shares' on social media, contain an average of 396 words (1) and a combination of data visualisations (e.g. bar graphs, line graphs, pie charts) and illustrations. 396 words may seem like an inadequate amount of text for many researchers to convey their findings comprehensively, but the saying "a picture tells a thousand words" comes to mind. Three days after learning new information, we are likely to remember up to 6.5 times more through learning from an infographic than reading text alone (2).

However the impact and accuracy of existing infographics is highly variable. Many are published on social media once or twice, then quickly forgotten. Successful infographics should be shared and re-shared again and again on social media to build campaign impact and increase audience reach. The more people who see an infographic, the more who can talk about and share it's important message. As healthcare professionals and researchers we are good at creating content, but perhaps we could gain by making the information engaging, widely seen and sticky, like Dr Mike Evans hit video 23.5 hour (worth a watch if you haven't seen it).

Interestingly in the UK we devise and publish physical activity policies and infographics, yet our people are not physically active adults compared with other European countries (3). An infographic designed by the UK's Chief Medical Officers (CMOs) was launched in 2015 to accompany the physical activity guidelines document 'Start Active, Stay Active', first published in 2011 (4).



**Chris Oliver** (@cyclingsurgeon) is a Honorary Professor of Physical Activity for Health at the University of Edinburgh, and a Consultant in Trauma and Orthopaedics.

**Hilary Scott** (@thehilsarealive) is a third year BSc Applied Sport and Exercise Science student at Robert Gordon University in Aberdeen. She recently completed a six week placement at the Physical Activity for Health Research Centre at the University of Edinburgh and researched the use of infographics in communicating important messages about physical activity.

**Dr Andrew Murray** (@docandrewmurray) thinks regular physical activity is the best thing we can do for our, and our children's health. He is a Sports and Exercise Medicine consultant and PhD student at the University of Edinburgh, amongst other roles

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